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Message from the President

The Health Bureau recently announced further details of the Chronic Disease Co-Care Pilot Scheme (CDCC Pilot Scheme) which is to be launched in mid-November. Eligible persons will be subsidised by the Government to undergo screening by a family doctor of their own choice. Those who are diagnosed with prediabetes, diabetes mellitus (DM) or hypertension (HT) will be taken care of by their family doctor with long-term management including medical consultations and drug prescription as clinically indicated. The CDCC Pilot Scheme aims at encouraging early prevention and management of chronic diseases. All Hong Kong residents aged 45 or above with no known medical history of DM or HT are eligible to join the scheme and undergo DM and HT screening, attend doctor consultations and receive laboratory investigations in the private healthcare sector, and, subject to their health conditions, be offered prescribed medication, follow-up care at nurse clinics and allied health services. The CDCC Pilot Scheme is a co-payment model. Government subsidies will be offered during the screening and treatment phases, while participants being the one who should take the primary responsibility for their own health will pay a certain amount of the co-payment fee.

The 18 District Health Centres (DHCs) and DHC Expresses (DHCEs) will help the citizens to pair with a family doctor after completion of registration as a DHC/ DHCE member and given consent to enrol in the Electronic Health Record Sharing System (eHealth). The family doctor will provide consultation and arrange laboratory investigations for them as needed and advise them on the diagnosis afterwards. During this screening phase, the Government will offer subsidies to cover the laboratory investigation fees in full and the consultation fee at an amount of \$196, whereas participants will need to pay a designated co-payment fee of \$120.

People who are diagnosed with prediabetes, DM or HT will be supported with Government subsidies for long-term follow-up by the family doctor they selected. Those with prediabetes are entitled to a maximum of four subsidised

consultation visits per year, while those diagnosed with DM or HT are entitled to a maximum of six subsidised consultation visits per year. In the treatment phase, the Government will subsidise a consultation fee of \$166 for each visit. The co-payment fee charged to the participants will be determined by the family doctors. The Government's recommended co-payment fee is \$150 per consultation.



The Government has also made arrangements for participating family doctors to purchase drugs on the formulary list from designated drug suppliers at discounted prices. On top of that, the Government will provide a quarterly drug subsidy to family doctors who have prescribed chronic diseases drugs on the list at a rate of \$105 per participant. For clinical needs assessed by family doctors during medical consultations, participants will be arranged to receive follow-up services from nurse clinics and allied health with subsidies from the Government. Persons aged 65 or above may settle the co-payment fees with Elderly Health Care Vouchers, including that for consultations, services by nurse clinics, allied health and laboratory investigation.

In addition, a two-way referral mechanism with the Hospital Authority (HA) has been established. Participants with clinical needs upon assessment by a family doctor will be referred to designated Medical Specialist Outpatient Clinics (SOPC) of the HA for a one-off Medical specialist medical consultation in accordance with specified referral criterion and guidelines. After obtaining clinical advices on care plans from the Medicine SOPC, participants concerned will return to their own family doctor for continuous follow-up.

(Continued on page 2)

Message from the President (Con't)

(Continued from page 1)

The CDCC Pilot Scheme is a significant project after the release of the Primary Healthcare Blueprint at the end of 2022. The Scheme will no doubt strengthen Hong Kong's primary healthcare system through the establishment of a family doctor system and the positioning of the DHC/DHCE as a hub in fostering expansion of healthcare network at the community level. The Scheme will also encourage citizens to start making Life Course Preventive Care plans for early prevention, early identification and early treatment. As family doctors, we should try our best to support the scheme as it provides a great opportunity for us to provide continuity of care and preventive care to our patients in the community. Please do join the Primary Care Directory and the Scheme if you have not already done so. (<https://www.info.gov.hk/gia/general/202309/25/P2023092500476.htm>)

The Centre for Health Protection (CHP) of the Department of Health (DH) has announced that the Seasonal Influenza Vaccination Subsidy Scheme (VSS) 2023/24 would be launched on September 28, whereas the Government



Another happy gathering: Dr. Maria Gonzalez (left) with Dr. David Chao (right)

Vaccination Programme (GVP), Seasonal Influenza Vaccination School Outreach Programme and the Residential Care Home Vaccination Programme will begin on October 5. Since vaccination is one of the most effective ways to prevent seasonal influenza and its complications, members of the public are encouraged to receive vaccination as soon as possible. Family doctors have always been on the forefront of providing preventive activities such as vaccination, please keep up your great work. (<https://www.info.gov.hk/gia/general/202309/06/P2023090500729.htm>)

Many of us would have known Dr. Maria Gonzalez who was formerly the Reader at the Dermatology Department of Cardiff University as she has been leading and teaching all the postgraduate dermatology courses of Cardiff University from 2002 to 2012. She used to come to Hong Kong regularly between 2007 to 2012 for teaching and examining for the ever so popular Diploma in Practical Dermatology (DPD) which has been upgraded to a distance learning course by Dr. Gonzalez with great global success. Dr. Gonzalez is now Consultant Dermatologist and Medical Director of the Specialist Skin Clinic in Cardiff and she is also Honorary Consultant Dermatologist at the Aneurin Bevan Health Board (Royal Gwent Hospital). I have the great pleasure of meeting up and catching up with Dr. Gonzalez when she was visiting Hong Kong recently. Hope that we can all learn from Dr. Gonzalez the next time she visits Hong Kong.

Dr. David V K CHAO
President

Board of Conjoint Examination News

The Board of Conjoint Examination is pleased to announce that the following candidates passed the 37th Conjoint HKCFP/RACGP Fellowship Examination (Written Segment) 2023.

Dr. Chan Hue Yan Stephanie
Dr. Cheung Ka Nam
Dr. Cheung Tsz Kei
Dr. Chiu Kwan Ki
Dr. Choi Sze Yuen
Dr. Chu Pui Ling
Dr. Ho Shun Ying
Dr. Hui Tak Leung
Dr. Ku Ngai Lam
Dr. Kwok Siu Leung
Dr. Lam Ka Wing Kelvin

Dr. Lam Kwok Sang
Dr. Lam Lai Cho Eugenia
Dr. Lau Hiu Fung Hugo
Dr. Lau Sin Mei
Dr. Lee Chun Ki
Dr. Lee Eric Yuk Ho
Dr. Lee Ka Kei
Dr. Lee Kin Lun
Dr. Lee Pak Lik Eric
Dr. Leung Ka Man
Dr. Leung Wai Chung

Dr. Ma Hiu Tung
Dr. Ng Ka Wai
Dr. Ng Wing Hin Stephanie
Dr. Ngai Stanley Hiu-On
Dr. Poon Daniel
Dr. Sau Chung Ying
Dr. Sheng Wei Yang
Dr. Tai Hing Kuen
Dr. Tang Miu Sze
Dr. Tong Hiu Tung
Dr. Tong Yuk Ting Lucy

Dr. Wan Kwong Ha
Dr. Wong Nicole
Dr. Wong Sze Man
Dr. Wu Chi Ho Bosco
Dr. Yap Jon-Alvan Tsun Hee
Dr. Yeung Chin Fung
Dr. Yeung Emma Yik Tsing
Dr. Yeung Pui Sze
Dr. Yiu Sze Wa
Dr. Zhao Haifeng

Congratulations to you all !

Dr. Chan Hung Chiu
Chairman
Board of Conjoint Examination

The 46th HKCFP Annual General Meeting

The 46th Annual General Meeting (AGM) of The Hong Kong College of Family Physicians will be held on **3 December 2023, Sunday** with the following details.

Time : 17:00

Venue : James Kung Meeting Room, 2/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Admission : Members only

The 46th HKCFP Annual Dinner

The College's 46th Annual Dinner will be held on **3 December 2023, Sunday** as follows:

Venue : Run Run Shaw Hall, 1/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong

Time : 19:00 Annual Dinner Reception

19:30 Chinese-style Dinner

College Members, Fellows and their spouses are welcome to register for the Annual Dinner free of charge on a first come, first served basis until all the available seats are filled.

Complimentary Transportation:

Circular coach service between Wong Chuk Hang MTR Station and HKAM Jockey Club Building would be provided during the below periods. Pre-registration is required and confirmation of complimentary transportation would be sent to individual registrant at a later stage.

Time	From	To
19:00 – 19:30	Wong Chuk Hang MTR Station	HKAM Jockey Club Building
According to the ending time of the dinner <i>(Estimated time will be around 22:30 – 22:45)</i>	HKAM Jockey Club Building	Wong Chuk Hang MTR Station

Registration

To register for the **Annual Dinner** and/or **Complimentary Transportation**, please scan the QR code and complete the registration on or before **23 November 2023 (Thursday)**.

Please contact the Secretariat, Ms. Teresa Liu, Ms. Alky Yu or Ms. Windy Lau by email to internal@hkcfp.org.hk or call 2871 8899 for assistance.



Specialty Board News

The Specialty Board is pleased to announce that the following candidates have successfully passed the Exit Examination of HKCFP in 2023.

Dr. Chan Yuen Ling
Dr. Chiang Lap Kin
Dr. Hui Yuk Ting Candy
Dr. Lam Ching Man
Dr. Lee Ying Cheung

Dr. Li Ming Yin
Dr. Li Minru
Dr. Lo Wei
Dr. Mang Kit Ying
Dr. Ng Kai Man

Dr. Tsai Hung Yu
Dr. Tseung Kwan Hang
Dr. Wong Chiu Lun
Dr. Wong Man Ho

Dr. Wong See Wai Samuel
Dr. Wong Yu Man
Dr. Yuen Chi Hang

Dr. Wendy Tsui
Chairlady, Specialty Board



Congratulations!

**Special Badge for Fellows of
HKAM in Family Medicine**

Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **August – September 2023**:

New Application

Associate Membership

Dr. CHAN Hiu Ching
Dr. CHAN Tsz Hin
Dr. CHIU Shing Hei
Dr. CHOW Chun Fung
Dr. LAU Kwan Ho
Dr. LEE Yan Tung
Dr. LEONG Natasha
Dr. LEUNG Oi Ting
Dr. LO Yu Chee
Dr. NG Joyce Hei Lam
Dr. WANG SiQi
Dr. WONG Ka Yan
Dr. WONG Terrick Ka Tsun
Dr. WU Wing Sze

陳曉靜
陳子軒
招承禧
周俊鋒
婁軍昊
呂欣桐
梁嘉恩
梁靄婷
羅譽之
吳曦琳
王思淇
黃嘉欣
黃嘉俊
胡詠斯

Mr. CHAN Pak Wing
Miss CHAN Wai Yan, Renee
Miss CHAN Wai Yin
Miss CHOW Hei Ching
Mr. HO Chun Ning, Gene
Miss HSU Beckie
Miss KWOK Jane
Miss KWOK Wing Yi
Miss LAI Kei Ying
Mr. LAM Chuen Leong
Miss LAM Cynthia Sin Nga
Miss LAM Man Ting
Miss LAU Hiu Yan, Natalie
Miss LAW Man Lai
Miss LAW Tsz Hei
Mr. LEUNG Tsz Lam
Miss LIAO Pak Yiu
Miss LOUIE Janine Ming-Rui
Mr. MENG Yue Bong, Benson
Mr. MO Cheuk Hei, Daniel
Miss MUI Tsz Yin, Charlotte
Mr. SO Hau Wang
Mr. SUNG Tsz Wang
Miss TSUI Lok Yi
Mr. UY Wilson Wing Yiu
Miss WONG Choi Ying
Miss WONG Constance Ji-Yen
Mr. WONG Tin Long
Miss YEUNG Caitlin Hon Ning

陳柏榮
陳懷茵
陳蔚然
周晞晴
賀俊寧
許碧淇
郭葵葵
郭詠宜
賴紀螢
林川量
林善雅
林敏婷
劉曉昕
羅文勵
羅芷熹
梁子林
廖栢瑤
雷明睿
蒙裕邦
巫卓禧
梅梓絃
蘇校弘
宋子泓
徐樂宜
黃永耀
黃采瑩
黃子恩
王天朗
楊瀚寧

Transferral

Fellow to Non-HKSAR Fellowship

Dr. KWAN Wing Yan, Wendy 關詠欣

Student to Associate Membership

Dr. CHENG Pui Ki, Melanie 鄭珮麒
Dr. CHEUNG Woon Yan, Frances 張煥欣
Dr. LI Sin Ting 李倩婷
Dr. WONG Ho Sum 黃灝森

Expiration

Student Membership

Mr. AU Chin Ching 區展程
Miss CHAN Chak Yue 陳澤瑜

RTC

Refresher Training Course for Exit Examiners 2023

Organized by Specialty Board

(For Exam Observers, Trainee Examiners & Examiners of Exit Exam)

(Trainee Examiners & Exam Observers need to possess certificate of Refresher Training Course before promotion as Examiners)

4 sessions

Dates	Segments	Panel Speakers led by:
21 November 2023 (Tue)	Practice Assessment (hybrid mode) Venue: Wong Chuk Hang	Dr. Luk Kam Hung (Coordinator, Practice Assessment)
24 November 2023 (Fri)	Consultation Skills Assessment [#] (hybrid mode) Venue: Wong Chuk Hang	Dr. Wang Hua Li, Jenny (Coordinator, Consultation Skills Assessment)
8 December 2023 (Fri)	Research (zoom only)	Dr. Fu Sau Nga (Deputy Coordinator, Research)
13 December 2023 (Wed)	Clinical Audit (zoom only)	Dr. Kwong Siu Kei, Alfred (Coordinator, Clinical Audit)

[#] Participants of CSA Refresher Training Course would be required to attend a video viewing session for completing the pre-course assignment on either 21 or 24 November 6:15 - 7:00 p.m.

Time : 7:00 – 9:00p.m.

**Venue : Wong Chuk Hang: HKAM Jockey Club Building,
99 Wong Chuk Hang Road, Aberdeen**

Highlights of our course:

- Overview on the Exit Exam Segments and interactive discussions
- Standardization of exam marking
- CME: 2 points for each session (Cat 4.4) and max. 8 points for whole course
- CPD: Up to 2 CPD points will be awarded, depending on achievement made in the pre & post- course assessment
- Invitation to mark in the coming Exit Examination
- Privilege to receive course materials and free admission to the subsequent years of Refresher Training Courses

Certificate of attendance:

- Awarded for 75% or more attendance of the whole course (i.e. 3 sessions)

Course fees:

HK\$1,000 for whole course (4 sessions)

HK\$500 for single session

[Course fee reimbursable upon 100% attendance of the whole course / registered session(s)]



Enrolment &
Learn more

APPLICATION DEADLINE 6 November 2023

For enquiry, please contact the secretariat,
Ms. Alky YU or Mr. John MA at 2871 8899 or email to exit@hkcfp.org.hk

Young Doctors Committee News - Family Medicine Boot Camp 2023: Equipping Freshman Trainees with Essential Survival Tips

Dr. Chan Yuen Ching, Committee Member, YDC
Dr. Esther Yu, Co-Chairman, YDC

In a bid to welcome and support our aspiring family medicine trainees, the Young Doctors Committee orchestrated a Family Medicine Boot Camp on August 27 2023, titled "Three Secret Survival Tips for FM Trainee." The event aimed to equip incoming freshman trainees with the necessary tools, knowledge and skills to navigate the challenges that lie ahead during their two-year hospital rotation and subsequent training in family medicine.



Participants playing TV game

The camp brought together 17 enthusiastic participants who are eager to embark on their family medicine journey, 3 esteemed speakers, including Dr. Chan Wing Yan Loretta, Dr. Lam Wing Wo and Dr. Chan Chung Yuk Alvin, who were equally enthusiastic to share their experience and journey in the field of family medicine over the years, and 4 bright and energetic community-based trainees, Dr. Lam Ka Wai Billy, Dr. Wong Ching Sze Christine, Dr. Ho Ka Yan and Dr. Lam Hiu Ching Natasha, who passionately shared their personal anecdotes, practical tips and strategies with the freshmen on how to thrive in the demanding hospital-based training environment, shedding light on the nuances and intricacies of hospital rotations. The senior trainees addressed common challenges faced by hospital-based trainees and offered guidance on how to overcome them. Issues such as time management, effective communication with patients and colleagues, and self-care were emphasized to empower the trainees to excel in their roles. Meanwhile, our experienced family physicians in private practices enlightened the trainees with invaluable insights on the career prospect of family physicians.



Sharing of Mentorship Programme by Dr. Alvin Chan



Sharing of Mentorship Programme by Dr Loretta Chan (Left) and Dr. Lam Wing Wo (right)



Sharing by (From left to right) Dr. Ho Ka Yan (KWC), Dr. Lam Ka Wai (NTWC) and Dr. Natasha Lam (KCC)

Yet the Family Medicine Boot Camp was not solely focused on theoretical knowledge; building a sense of camaraderie and support among the trainees was indeed our priority. Recognising the importance of a strong support system, a buddy system was introduced at the culmination of the camp. This system pairs junior trainees with senior counterparts, facilitating mentorship and guidance throughout their journey. By fostering these connections, the Young Doctors Committee aims to create an environment where trainees can seek advice, share experiences, and find solace during challenging times.



New Family Medicine trainees attending the boot camp

The Family Medicine Boot Camp turned out to be a resounding success. In addition to providing a comprehensive orientation to the trainees, the camp also instilled in them a sense of belonging within the family medicine community. As the camp concluded, participants left with a renewed sense of purpose and motivation, armed with the essential survival tips and a support system to rely on, thanked to Young Doctors Committee's dedication and effort to nurturing future medical professionals.



Group photo of all speakers, YDC members and participants

The Diary of a Family Doctor【家庭醫生的日常】

診症好幫手

方翠瑩醫生

上呼吸道感染是常見疾病，不時見到緊張的家長帶病童來看病。

「醫生，自從女兒去年尾感染新冠後，抵抗力很差，現在咳了一個月還未好，是否新冠後遺症？」病童母親說。

「是持續咳一個月嗎？還是斷斷續續，時好時壞？」我問。

「斷斷續續的，好了幾天又再咳了。」她回答。

我釐清病情後，幫女童做了檢查，解釋：「你女兒的診斷是一般上呼吸道感染。她感染新冠已是去年的事，和今次的病沒有關聯，她的抵抗力也沒有問題。」

「她以前不是這樣的，中新冠後就常常病...」母親有些懊惱。

「你女兒才6歲，過去3年疫情全世界都戴口罩，間中又停課，所以呼吸道疾病和流感過案都減少了。現在復課又除下口罩，學生交叉感染自然增加。我兒子讀幼稚園也常常病，隔星期就要請病假，他也是去年中新冠，沒什麼後遺症。每一次上呼吸道感染，也可以幫他們訓練抵抗力，放心吧。」我說完她就安然離開了。

另一個母親帶著幼童來，一坐下就說：「醫生，上次拿的藥，女兒一食就嘔，咳還未好，請你換過些藥給她。」

我了解完病情後，解釋道：「真的是藥水令她嘔嗎？我兒子很喜歡那隻桃紅色的收鼻水藥(Piriton)，常常叫我給他吃。粉紅色的咳水(Benadryl)就一般，但用水稀釋後他都會食。其實給6歲以下病人的藥物選擇很少，這些藥物不會令她快些好，只是舒緩病徵而已，最終是她的抵抗力打敗病菌，令她痊癒。如果她真的不喜歡食藥，就不用勉強她，多休息，多喝水，也會慢慢好的。」

我換了一種咳水，她們也安靜離開，沒什麼要求了。

原來在適當的時候分享一些簡單的個人經驗，有助拉近醫患的距離，也更容易讓病人及家屬安心。可能這些分享會讓他們感覺我也是普通人，也曾經歷

他們經歷的事，會明白他們，他們也更信任我的建議。我的兒子是我的「診症好幫手」，解決不少家長的煩憂。

The Diary of a Family Doctor 家庭醫生的日常

Submission of articles to The Diary of a Family Doctor with up to 600 words in Chinese or 400 words in English are always welcome. Gift vouchers will be given as token of appreciation if the articles are selected for publication.
Email: FPLinks@hkcfp.org.hk



UNIVERSITY HEALTH SERVICE

Medical Officer (Ref. 230828012)

The University Health Service (UHS) of The Hong Kong Polytechnic University is a community-based Family Medicine training centre, as accredited by The Hong Kong College of Family Physicians. UHS provides primary health care to students, staff members and their dependants and other eligible members. The University invites applications for the Medical Officer post in UHS. Duties: provide primary health care / health counselling, promote health education and perform administrative duties. Qualifications: registrable with the Medical Council of HKSAR and fluent in spoken English and Cantonese. A higher qualification in Internal Medicine, Emergency Medicine and/or Family Medicine is an advantage. Doctors enrolled in vocational training in Family Medicine are also welcome. Please visit <http://www.polyu.edu.hk/uhs/en> for more information about UHS. Post specification and online application are available on PolyU's career website (<https://jobs.polyu.edu.hk/management>). Application closing date: consideration of applications will commence on 30 October 2023 until the position is filled.

PolyU is an equal opportunity employer committed to diversity and inclusivity. All qualified applicants will receive consideration for employment without regard to gender, ethnicity, nationality, family status or physical or mental disabilities.

HKCFP Trainees Research Fund 2023 / HKCFP Research Seed Fund 2023

The Research Committee of HKCFP is pleased to continue to offer the two research funds, The Trainees Research Fund and the Research Seed Fund.

The Trainees Research Fund will be opened to all registered HKCFP trainees and is made of four awards (each up to HK\$20,000). It is envisaged it will help trainees especially (but not limited to) those doing research projects as their exit examination. Those who have funding support elsewhere will not be considered.

The Research Seed Fund is open to all HKCFP members where a maximum of HK\$25,000 award will be made to the successful applicant to assist the conduct of a research project.

Winners of the award will receive 50% of the approved grant up front and the remainder 50% upon completion of the project.

*****Please note that each applicant can only apply either one of the above Funds*****

Assessment Criteria for both funds:

1. Academic rigor of the research project (e.g. originality, methodology, organisation and presentation);
2. Relevance and impact to family medicine & primary care (e.g. importance of the topic and the impact of the findings on the practice or development of the discipline); and
3. Overall budget

Each research project submitted will be assessed according to the above assessment criteria set by the selection panel. Please send your submission to:

Research Committee, HKCFP

803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong
by post or by email: research@hkcfp.org.hk

Please indicate the research funding title e.g. “**HKCFP Trainees Research Fund 2023**” or “**HKCFP Research Seed Fund 2023**” on your research project upon submission.

Submission Deadline: 25th October 2023

Supported by HKCFP Foundation Fund

Can 1-Size-Fits-All for Blood Pressure Measures?

Accurate measurement of blood pressure (BP) is fundamental in primary care. It is well established that BP cuffs that are too-small or too-large can lead to higher or lower BP readings. A recent study in JAMA Internal Medicine quantified the effect of cuff size on the accuracy of automated oscillometric BP devices.

The randomized crossover trial involved 195 community-dwelling adults with varying mid-arm circumferences. Participants were recruited through various avenues and enrolment goals were set for each cuff size category. Each participant underwent four sets of triplicate BP measurements using different cuff sizes. The first 3 sets used an appropriate, too-small, or too-large BP cuff in random order; the fourth set of triplicate measurements was always completed with an appropriate cuff. The primary outcome was the difference in mean BP between readings obtained with a regular cuff and an appropriate cuff. The secondary outcome is the difference in BP when using too-small or too-large cuffs compared to an appropriate cuff.

The study found that using a regular cuff size for all individuals, regardless of arm size, significantly skewed BP readings. Specifically, using a regular cuff (appropriate for arm circumference of 25.1-32cm) resulted in 3.6 (95% CI, -5.6 to -1.7) mmHg lower SBP readings for individuals with small arms, 4.8 (95% CI, 3.0-6.6) mmHg and 19.5 (95% CI, 16.1-22.9) mmHg higher SBP readings for individuals with large or extra-large arms. The secondary outcome revealed that the BP difference was greater when the BP cuff was two sizes different compared to one size different. For example, for those requiring

an extra-large BP cuff, the SBP difference was 9.6 (95%CI, 7.3-11.9) mmHg when a large BP cuff was used (1 size too small) and 19.5 (95% CI, 16.1-22.9) mmHg when a regular BP cuff was used (2 sizes too small). The results were consistent across different SBP and body mass index categories, emphasizing the importance of individualized cuff selection for accurate BP measurement.

The study did acknowledge limitations, including small sample sizes in certain cuff groups and varying BP differences across individuals. It advised against generalizing the findings, especially for individuals with extreme arm circumferences. However, the trial design mitigated order effect bias, evaluated clinically meaningful scenarios, and included BP measurements with appropriate cuffs as a reference.

In conclusion, the study underscores the importance of using appropriately sized cuffs for accurate BP measurements. However, it recognizes that in a busy clinical setting, it may not be feasible to frequently change BP cuffs for different patients. Therefore, when the regular size cuff is used, the findings of this study may serve as a reference to calibrate the SBP for patients with small, large or extra-large arms.

Reference:

Ishigami J, Charleston J, Miller ER, Matsushita K, Appel LJ, Brady TM. Effects of Cuff Size on the Accuracy of Blood Pressure Readings: The Cuff(SZ) Randomized Crossover Trial. *JAMA Intern Med*. Published online August 07, 2023. doi:10.1001/jamainternmed.2023.3264

Compiled by Dr. Jiao Fangfang

"Submissions of articles to News Corner with up to 500 words are always welcome.

Gift vouchers will be given as a token of appreciation for good works if the articles are selected for publication. Email: FPLinks@hkcfp.org.hk"

Classified Advertisement

Accredited Private FM Centre invites Energetic Specialists for expanding group practice in TuenMun/KwaiFong. Developmental Paediatricians + Psychiatrists most welcomed. Profit Sharing ± Partnership. Send CV enquiry@adecmed.com [Amy CHAN] 9212-6654.

Long COVID Syndrome and its management

Dr. Florence Sin-ying Fan (*Associate Consultant, Honorary Clinical Associate Professor, Division of Neurology, Department of Medicine and Therapeutics, Prince of Wales Hospital*)

3 years have passed since the World Health Organisation (WHO) declared COVID has hit the globe and become a pandemic on 11th March 2020. While we are used to living with COVID around us, we are faced with an aftermath of such an overwhelming infection – Long COVID syndrome.

Challenges in the management of Long COVID syndrome

Managing Long COVID syndrome is challenging due to lack of consensus on case definition, uncertain disease prevalence and highly non-specific and variable symptomatology.

Lack of consensus on case definition

Even though Long COVID syndrome is a well-recognized condition found in COVID survivors of any ages, consensus on its case definition is yet to be reached. The two most commonly used definitions in clinical practice come from the WHO and the National Institute of Health and Care Excellence (NICE). The WHO defines Long COVID syndrome as the continuation or development of new symptoms 3 months after the initial SARS-CoV-2 infection, with these symptoms lasting for at least 2 months and not accountable by other explanation¹. The NICE definition states that Long COVID syndrome include signs and symptoms that continue or develop 4 weeks after an acute COVID infection². Both definitions have been used in studies highlighting management of Long COVID syndrome, making direct comparison among interventions difficult.

Uncertain prevalence of Long COVID syndrome

Long COVID syndrome affects COVID patients of a wide range of severity in the acute phase, including those who were asymptomatic. The exact prevalence of Long COVID syndrome is difficult to ascertain. It varies among different cohorts due to difference in sampling population, methods, case definitions and follow up period. According to a meta-analysis using the NICE definition, the pooled global prevalence of Long COVID syndrome was estimated to be 0.43³ with a wide range from 0.09 to 0.81. The estimated prevalence was found to be higher among hospitalized (0.54) than non-hospitalized patients (0.34). The uncertain prevalence makes resource allocation more difficult.

Highly variable symptomatology

The symptoms of Long COVID syndrome are rather non-specific and overlap with a wide range of other diseases and syndromes^{4, 5, 6, 7}. It affects all organ systems expressing the Angiotensin Converting Enzyme (ACE) receptors. The most reported symptoms include fatigue, dyspnoea, memory and concentration impairments (Brain fog) and mood disturbances. Other symptoms are shown in *Figure 1*.

Impact and management of Long COVID syndrome

Long COVID syndrome is associated with reduced quality of life⁴, inability to return to work and unemployment, as well as recurrent hospital admissions⁶. Therefore, appropriate management is of high priority concern for both patients and the societies. The main stay of treatment for Long COVID syndrome consists of pharmacological treatments and multidisciplinary rehabilitation programme.

Pharmacological treatments

At present, the role of pharmacological treatments in Long COVID syndrome is mainly symptomatic and supportive. Studies are underway to look into the efficacy of novel treatments based on the emerging evidence which improved our understanding on the pathophysiology of Long COVID syndrome^{8, 9}. Apart from vaccination, certain drugs were found to have promising roles in prevention of Long COVID syndrome. For example, the use of nirmatrelvir and ritonavir¹⁰ and metformin¹¹ during acute COVID infection were shown to reduce incidence of Long COVID syndrome.

Multidisciplinary rehabilitation programme

Due to the variable yet distressing symptoms among patients with Long COVID syndrome, a tailor-made rehabilitation programme appears as the most evidence based and acceptable treatment for this group of patients. Well-organised multidisciplinary rehabilitation programme was shown to improve fatigue, exercise tolerance, dyspnoea, anxiety and quality of life^{12, 13}. Guideline² has been established to outline the recommendations and algorithm in the workup and management of patients suffering from Long COVID syndrome.

With a dedicated team of physicians and allied health care workers, our hospital has launched the first rehabilitation programme for Long COVID survivors under Hospital Authority since April 2022. We aim to actively screen and assess for long COVID syndrome in COVID-19 patients in community, offer early treatment and tailor-made rehabilitation by a multidisciplinary team, improve recovery and prognosis of patients with Long COVID syndrome, and improve the quality of life of patients and their caregivers. We target at COVID patients under home care in the community, who enjoy reasonably good premorbid functional level (i.e. unaided walker or walker with aids of at least modified functional ambulatory category 4 or above, and need mild to moderate assistance in activities of daily living). We include patients suffering from moderate to severe Long COVID syndrome as assessed by physicians. Patients

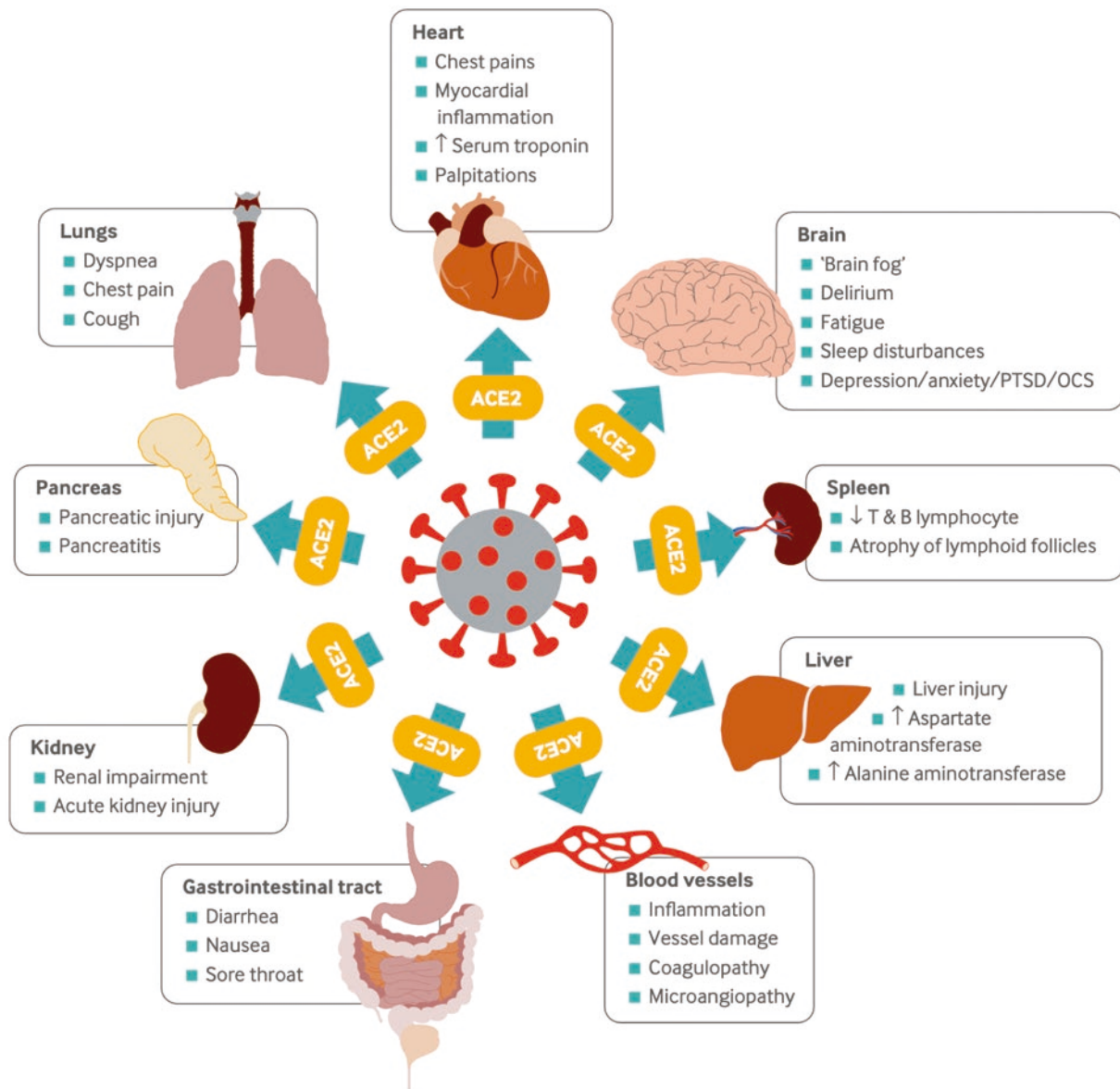


Figure 1. Common symptoms and signs of Long COVID Syndrome (from H Crook et al. Long COVID – mechanisms, risk factors and management. BMJ 2021;374:n1648)

with poor premorbid mobility and functional status, significant cognitive impairment and other factors limiting their rehabilitation potential, and patients who refuse to join rehabilitation programme are excluded. Patients having mild Long COVID symptoms are excluded as well. They are offered education and resources to empower them on self-management and home surveillance of symptoms after initial assessments. This is in line with the recommendations in guideline.

Patients who are suspected to have symptoms relating to Long COVID syndrome are referred to a designated Long COVID rehabilitation clinic. Specialist physician will perform baseline assessments including history taking and physical examination on the patients. The ultimate goals of assessments are to confirm the diagnosis

and to exclude alternative diagnosis accountable for the symptoms and signs. The COVID-19 Yorkshire Rehabilitation Scale is used as a screening tool to gauge the severity of symptoms¹⁴ (See appendix for Chinese version). Baseline blood tests, chest x-ray and bedside simple spirometry testing are arranged and performed. Formal spirometry and echocardiogram will be arranged within 6 months if patients have outstanding respiratory and heart failure symptoms, together with severely abnormal results on bedside simple spirometry testing and NT-ProBNP > 300pg/mL respectively. Patients will be referred to the appropriate allied health care teams, based on their symptomatology profile and rehabilitation needs. New case appointments with allied health care teams are guaranteed within 2 weeks from referral.

The rehabilitation programme consists of one to two weekly sessions, spanning over six to eight weeks. Tailor-made individual and group training will be offered by physiotherapists, occupational therapists, speech therapists, dietitians, and clinical psychologists according to patient's needs. Physicians and nurses serve as coordinators of the overall care and training and would provide medical support if necessary.

At initial visit by the therapists of the respective allied health care teams, in-clinic baseline assessments and risk and need stratification are performed for the patients. A hybrid training model, with both face to face training sessions and telerehabilitation sessions, is adopted. Telerehabilitation sessions are preferred and arranged for patients with good social support, and where a dedicated caregiver to provide supervision and technical support is available. The mobile application HA-Go is used for education, home exercise prescription and monitoring. The therapists will monitor and revise the training according to patient's performance as measured by a set of predefined outcome measures. The outcome measures are selected with reference to recommendation in guidelines (See Table 1). Upon completion of training,

the therapists will perform post training assessments on the patients. Conjoint meeting by the multidisciplinary team will be held to decide and assess the functional gain and review on goal setting and attainment. Whether to offer further training or to discharge the patient from the programme will be discussed and decision will be formulated. After that, the physicians will meet the patients to explain their progress and further rehabilitation plan accordingly.

We conducted a preliminary analysis on the outcome measures for 23 patients who had completed a course of training and assessment. The mean age of the group of patients was 65.89+/-13.99. 13 of them were females (56.5%). Their C19-YRS symptoms severity score and functional disability score reduced remarkably, while their global perceived health score increased after training. Patients showed improvements in dynamic balance, leg strength, endurance, and exercise tolerance. Their activities of daily living performance and subjective sense of well-being also significantly improved. Patients' symptoms including dyspnoea, fatigue and perceived fall risk were all reduced. Most of the patients were satisfied with the programme arrangement and effectiveness.

Table 1. Outcome measures for assessment

Health care teams	Outcome measures
Physicians and nurses	COVID 19-YRS
	EQ-5D Quality of Life questionnaire
	Bedside spirometry
	Patient satisfaction survey
Physiotherapists	Ambulation and mobility: Modified functional ambulatory category, Timed up and go test
	Dynamic balance: Functional reach test
	Leg strength and endurance: 30sec chair stand test
	Endurance: 6min walk test
Occupational therapists	Activities of daily living performance and independence: Modified Barthel Index, Lawton instrumental ADL index
	Health and quality of life: Self perceived health score, Quality of life score, WHO-5 wellbeing index
	Cognition and attention: Montreal Cognitive Assessment, Colour trails test
	Fatigue: FACIT-fatigue
	Dyspnoea: COPD Assessment Test and MMRC dyspnoea scale
	Fall risk: Fall Efficacy Scale, the Short Physical Performance Battery
	Mood: Depression, stress and anxiety scale
Speech therapists	Goal attainment scale
	Food Intake Level Scale
	Royal Brisbane Hospital Outcome Measure for Swallowing
	Cantonese perceptual evaluation of voice
Dietitians	Voice Handicap Index-10
	Body mass index
Clinical psychologists	Individualised

Conclusion

In conclusion, multidisciplinary Long COVID Rehabilitation Programme improved the symptoms and functional outcomes in COVID survivors. Patients with Long COVID Syndrome should be referred to specialty clinic for proper and timely assessment and intervention.

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QR code to "COVID-19 Yorkshire Rehabilitation Screening (C19-YRS)"



"Submissions of articles to Feature / Family Doctors Column / Young Doctors Column with up to 1200 words are always welcome. Gift vouchers will be given as a token of appreciation if the articles are selected for publication. Email: FPLinks@hkcfp.org.hk"

AFTER HOURS

好書推薦 彭詩情醫生

《醫師的內心世界：情緒如何影響行醫》

By Danielle Ofri

這本書透過描寫醫生在行醫生活中的內心世界，帶出醫生的情緒與醫療照護品質的關係。

每個人都有情緒，醫生亦不會例外。其實醫生與病人的互動，也是人與人之間的一種連結，情緒必然會滲雜在其中。縱然醫生們都希望能無時無刻，理性冷靜地提供醫療服務，但不可否認的是，情緒或多或少會左右他們的工作。特別當醫生的日常充斥著生死攸關的問題時，他們難免會在工作中經歷五味雜陳的心情。他們會有倦怠，生氣，緊張，恐懼以及羞愧的時刻。而其中有些經歷，對於身邊的同事，他們或許會覺得難以啟齒。隨著時間，那些情緒會深藏在心中，甚至會吞噬醫者服務人群的熱心和初心。醫生們的情緒，又有誰會關顧呢？他們又應該如何在工作中與自己的情緒共處呢？

#醫師的內心世界 #情緒如何影響行醫
#WhatDoctorsFeel #HowEmotionsAffectThePracticeOfMedicine
#DanielleOfri
#與情緒共處 #醫病關係



"Submissions of articles to After Hours with up to 500 words are always welcome. Gift vouchers will be given as a token of appreciation if the articles are selected for publication. Email: FPLinks@hkcfp.org.hk"

健道同行

Partnering in the Health Journey

攜手共建 香港基層醫療

Let's join hands to strengthen
Primary Healthcare in Hong Kong

《基層醫療指南》(《指南》)是一個以網絡模式建立的電子資料庫，旨在便利公眾根據基層醫療服務提供者的執業資料尋找合適的基層醫療服務。

Primary Care Directory (PCD) is a web-based database set up to facilitate the public to search for suitable primary care service providers according to their practice information.



基層醫療指南
Primary Care Directory

由2023年10月6日起，醫生需要載列於《指南》，才能參與政府資助的基層醫療計劃。

Being listed in the PCD is a pre-requisite for doctors to enrol in Government-subsidised Primary Healthcare (PHC) programmes with effect from 6 October 2023.

涵蓋的計劃包括地區康健中心服務、疫苗資助計劃、院舍防疫注射計劃、長者醫療券計劃、大腸癌篩查計劃、普通科門診公私營協作計劃、慢性疾病共同治理先導計劃，以及將來推出的政府資助的基層醫療計劃。

Involved programmes include the District Health Centre services, Vaccination Subsidy Scheme, Residential Care Home Vaccination Programme, Elderly Health Care Voucher Scheme, Colorectal Cancer Screening Programme, General Outpatient Clinic Public-Private Partnership Programme, Chronic Disease Co-care Pilot Scheme and subsequent new PHC initiatives.

我們歡迎普通科或有興趣提供基層醫療的專科醫生加入《指南》。醫生可以選擇在《指南》內提供他們的專業資格讓公眾參考。如果是專科醫生，其專科醫生身分也可以在《指南》內顯示。

General practitioners (GP) and specialists interested in providing PHC are welcome to join PCD. Doctors may choose to provide their professional qualifications in the PCD for public reference. For specialists, their status as specialists can also be shown in the PCD.

如有興趣登記加入《指南》，
請瀏覽以下網址、掃描二維碼、致電熱線 3576 3658
或發送電郵至 pho@healthbureau.gov.hk。

If you are interested in enrolling in PCD, please visit the website below, scan the QR code, call the hotline at 3576 3658 or email to pho@healthbureau.gov.hk.



www.pcdirectory.gov.hk





慢性疾病共同治理先導計劃

Chronic Disease Co-care Pilot Scheme

家庭醫生配對 促進長久醫患關係

Family Doctor Pairing cultivates long-term doctor-patient relationship

在「慢性疾病共同治理先導計劃」（「慢病共治計劃」）下，每位參與計劃的市民均會與自選的家庭醫生進行配對。政府會向市民提供資助，讓市民透過家庭醫生，在私營醫療界別進行篩查、治療和管理目標慢性疾病（例如高血壓、糖尿病和血糖偏高）。

Under the Chronic Disease Co-care Pilot Scheme (CDCC Pilot Scheme), all participating citizens will be paired with self-selected Family Doctors. Subsidies will be provided to citizens for screening, treatment and management of target chronic diseases, such as hypertension, diabetes mellitus and pre-diabetic condition, through the paired Family Doctors in the private healthcare sector.

家庭醫生透過長久醫患關係，為配對病人提供全面的醫療服務，包括提供疫苗接種和癌症篩查等其他基層醫療服務，以及在地區康健中心的支援和協助下，為市民制定健康人生計劃。

Through long-term doctor-patient relationship, Family Doctors will provide holistic healthcare to their paired patients, including vaccination and cancer screening, as well as developing life course preventive care with the support and assistance from District Health Centres.



計劃主要元素 Key elements of the Scheme

資助

Subsidies

家庭醫生在篩查和治療時可獲資助。配對參加者也可獲安排資助的化驗

Subsidies are provided to Family Doctors for screening and treatment of their paired participants. Their paired participants can also receive subsidised laboratory tests

共付模式

Co-payment

配對參加者在篩查階段應診，需向家庭醫生支付指定的共付費用。在治療階段的受資助診症，則配對參加者需付家庭醫生就參加計劃時訂明的診症共付額（由家庭醫生釐定）

Paired participants need to pay a fixed co-payment to Family Doctors during screening phase and a flexible co-payment (determined by the Family Doctors) during treatment phase

社區藥物名冊

Community Drug Formulary

家庭醫生可以優惠價格訂購社區藥物名冊內特定的藥物

Family Doctors can order specified drugs in the Community Drug Formulary at low prices

按服務表現付費獎勵

Pay-for-Performance incentives

如配對病人能夠達到健康目標，家庭醫生可獲得獎勵

Family Doctors can be awarded with incentives by achieving health targets for their paired patients

雙向轉介機制

Bi-directional referral mechanism

家庭醫生可按準則為配對病人轉介至醫管局接受一次指定的專科諮詢服務

Family Doctors can initiate a request for a specialist consultation by the Hospital Authority for their paired patients based on specified criteria

團隊合作

Teamwork

如有需要，家庭醫生可安排配對參加者接受護士診所、視光師和物理治療師等專業人士跟進

If necessary, Family Doctors could arrange follow-up by professionals such as Nurse Clinic, Optometrists and Physiotherapists for the paired participants

如想了解更多或成為家庭醫生及參加「慢病共治計劃」，請瀏覽以下網址、致電熱線 2157 0500 或發送電郵至 cdccdoctor@healthbureau.gov.hk。

If you want to know more or become a Family Doctor and join the CDCC Pilot Scheme, please visit the website below, call the hotline at 2157 0500 or email to cdccdoctor@healthbureau.gov.hk.



www.primaryhealthcare.gov.hk/cdcc

Meeting Highlights

Sunday Symposium for Primary Care Doctors on 10 September 2023



Dr. Richard LI, Specialist in Neurology & Internal Medicine, delivered a lecture on "Insight from RCT and RWE: Translating the Scientific Data into Clinical Practice for AF Patients"

Dr. CHEN Xiao Rui, Catherine (right, Moderator) presenting a souvenir to Dr. Richard LI (left, Speaker).



Dr. WONG King Yan, Matthew, Specialist in Respiratory Medicine, delivered a lecture on "Updates on GOLD 2023: What are the Latest Guidelines Suggestions on COPD Treatment?"

Dr. CHEN Xiao Rui, Catherine (right, Moderator) presenting a souvenir to Dr. WONG King Yan, Matthew (left, Speaker).

Dr. TAM Chi Chun, Terence, Specialist in Respiratory Medicine, delivered a lecture on "Idiopathic vs Progressive Pulmonary Fibrosis: How should we identify them?"



Dr. OR Ka Yan (right, Moderator) presenting a souvenir to Dr. TAM Chi Chun, Terence (left, Speaker).

Dr. CHAN Chun Kau, Gordon, Specialist in Nephrology, delivered a lecture on "Optimizing the Outcomes of Diabetes Patients with Kidney Disease".



Dr. OR Ka Yan (left, Moderator) presenting a souvenir to Dr. CHAN Chun Kau, Gordon (right, Speaker).

Dr. WONG Ka Lam, Specialist in Cardiology, delivered a lecture on "SGLT2 Inhibitors – Wonder Drugs in Heart Failure and Beyond?"



Dr. OR Ka Yan (left, Moderator) presenting a souvenir to Dr. WONG Ka Lam (right, Speaker).

Online Seminar on 22 September 2023

Dr. CHAN Lip Kiong, Specialist in Cardiology, delivered a lecture on "SGLT2 Inhibitors – Wonder Drugs in Heart Failure and Beyond?"



A screenshot taken on 22 September 2023
Dr. CHAN Lip Kiong (left, Speaker) and Dr. CHUNG Tze Nang, John (right, Moderator)

CME Dinner Lecture on 25 September 2023

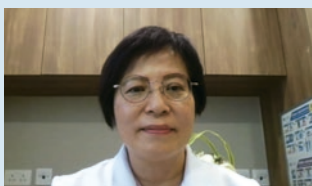
Prof. Ralph Anthony DeFronzo, Professor of Medicine, The University of Texas Health Science Center, San Antonio, Texas, US, delivered a lecture on "Glucose Lowering, Glycemic Durability and Organ Protection - How should we strategize?"



Dr. HO King Yip, Anthony (left, Moderator) presenting a souvenir to Prof. Ralph Anthony DeFronzo (right, Speaker).

Online Seminar on 27 September 2023

Dr. CHOW Man Kei, Anita, Specialist in Obstetrics & Gynaecology, delivered a lecture on "Updates in Management of Subfertility".



A screenshot taken on 22 September 2023
Dr. CHOW Man Kei, Anita (left, Speaker) and Dr. CHAN Chung Yuk, Alvin (right, Moderator)

CME Lecture on 4 October 2023

Dr. CHAN Chung Mau, Specialist in Psychiatry, delivered a lecture on "Era of Depression Management".



Dr. LAU Ho Lim (right, Vice-President (General Affairs)) and Dr. CHAN Suen Ho, Mark (left, Moderator) presenting a souvenir to Dr. CHAN Chung Mau (middle, Speaker).



香港家庭醫學學院 THE HONG KONG COLLEGE OF FAMILY PHYSICIANS BOARD OF EDUCATION

Online Certificate Course on Management of Common Skin Problems in General Practice

A series of seminars on common skin problems are arranged for family medicine trainees and primary care doctors. The objectives of these seminars is to enhance members' knowledge on the diagnosis, assessment and management of the common dermatological conditions that are encountered in community practice and to identify dermatological conditions that need specialist care for referral etc.

The certificate course would be equivalent as part A of the interactive dermatology training for basic trainees.

Date	: 12 November (Sun), 2 & 16 December 2023 (Sat), 14 January (Sun) and 27 January 2024 (Sat)	Registration QR Code
Time	: 2:30 p.m. – 5:30 p.m.	
Format	: Online (Via Zoom Webinar)	
Accreditation	: HKCFP : 3 CME Points for each session (Cat 4.4) MCHK : 3 CME Points for each session (pending) (Maximum of 10 CME points for the whole course.)	
Language	: Mainly English (Cantonese when required)	
Course Fee	: HKCFP Member / Trainee : HK\$600.00 (Full course) Non-HKCFP Member : HK\$1,200.00 (Full course) (Payment should be made payable to "HKCFP Education Ltd". All fees received are non-refundable nor transferable.)	
Priority	: Priority would be given to FM basic trainees.	
Award	: An "e-Certificate of Attendance" would be awarded to those who have attended 4 sessions or more under Board of Education, HKCFP.	

Dates	Content	Speakers
12 Nov 2023 (Sun)	<ul style="list-style-type: none"> Psoriasis and psoriasiform disorders Bullous disorders of the skin Hair, nail, sebaceous, sweat and apocrine glands problems 	Dr. Lee Tze Yuen <i>Specialist in Dermatology & Venereology</i>
2 Dec 2023 (Sat)	<ul style="list-style-type: none"> Eczema and contact dermatitis Pityriasis rosea and lichen planus Acne 	Dr. Chan Yung <i>Specialist in Dermatology & Venereology</i>
16 Dec 2023 (Sat)	<ul style="list-style-type: none"> Common Paediatric skin problems Pigmentary disorders Common clinic procedures (e.g. skin scrapings for microscopy, skin biopsy, cryotherapy, skin testing for allergy, dermoscopy etc.) Introduction to phototherapy and laser treatment 	Dr. Luk Chi Kong, David <i>Specialist in Paediatrics</i>
14 Jan 2024 (Sun)	<ul style="list-style-type: none"> Benign skin lumps and conditions: seborrheic keratosis, hypertrophic scar, keloid, pyogenic granuloma etc.) Common skin cancers Cutaneous manifestation of systemic diseases 	Dr. Au Chi Sum <i>Specialist in Dermatology & Venereology</i>
27 Jan 2024 (Sat)	<ul style="list-style-type: none"> Common viral and bacterial disorders of the skin 	Dr. Martin Chung <i>Specialist in Dermatology & Venereology</i>
	<ul style="list-style-type: none"> Common fungal disorders and infestation of the skin 	Dr. Adrian Cheng <i>Specialist in Dermatology & Venereology</i>
	<ul style="list-style-type: none"> Drug eruption and urticaria 	Dr. Wong Sze Man <i>Specialist in Dermatology & Venereology</i>

Please register via the registration link to be sent by email later or scan the QR code above. For enquiry, please contact Ms. Minny Fung by email to education@hkcfp.org.hk or call 2871 8899. Thank you.

Notes:

- In case of over-subscription, the organiser reserves the right of final decision to accept registration.
- The link to join the webinar **SHOULD NOT** be shared with others as it is unique to each individual who has completed prior enrolment procedures. If additional attendee(s) is/are found using the same unique link to join the webinar with you, all attendees joining the lecture via your unique link would be dismissed. You can only login with **ONE** device at a time.
- CME point(s) would only be given to those on the pre-registration list and attended the lecture.
- Members who have attended less than 3/4 of the length of the webinar may not be able to receive CME. Final decision would be subject to the approval of the related Board / Committee.
- Please be reminded to **complete and submit** the *MCQs or evaluation survey after the session for HKCFP and MCHK CME point(s) accreditation. (*MCQs/ True or False Question; 50% or above of correct answers are required)
- Please be reminded to check the system requirements beforehand to avoid any connection issues.
- Due to copyright issue, please note private recording of the lecture is **strictly PROHIBITED**.

BOARD OF EDUCATION NEWS

Online Seminar

Date and Time	Topics	Speaker	Moderator
25 November (Sat) 2:00 – 3:30 p.m.	Online Dermatology Seminar: Trainees Dermatology Cases Presentation <i>Organized by Interest Group in Dermatology</i>	FM Trainees	Dr. LAM Wing Wo

QR Code for registration



Accreditation:

25 Nov : 2 CME Points HKCFP (Cat. 4.3)
2 CME Points MCHK (pending)
Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)

Online Monthly Video Session

Dates and Time	Topics
24 Nov (Fri) 2:30 – 3:30 p.m.	"Approaches to Strange Symptoms in Family Practice (OCD, Hallucinations, Mixed Symptoms)" by Dr. Lo Tak Lam

QR Code for registration

24 November (Fri)



Accreditation : 1 CME Point HKCFP (Cat. 4.2)
1 CME Point MCHK (pending)
Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)

***CME points would be given for self-study at online recorded CME lectures only if participating doctors have not attended the same live CME lectures and completed the relevant quiz.**

Admission Fee : Member Free
(for all online seminars) Non-member HK\$ 100.00 for each session

For non-members, please contact the secretariat for registration details. All fees received are non-refundable nor transferable.

Registration Method : Please register via the registration link to be sent by email later or scan the QR code above. For enquiry about registration, please contact Ms. Minny Fung by email to education@hkcfp.org.hk or call 2871 8899. Thank you.

Notes :

- In case of over-subscription, the organiser reserves the right of final decision to accept registration.
- The link to join the webinar **SHOULD NOT** be shared with others as it is unique to each individual who has completed prior enrolment procedures. If additional attendee(s) is/are found using the same unique link to join the webinar with you, all attendees joining the lecture via your unique link would be dismissed. You can only login with one device at a time. CME point(s) would only be given to those on the pre-registration list and attended the lecture.
- Please note you can just attend **ONE** CME activity at a time. If it's found you are attending more than one CME activity simultaneously by the CME administrator later, you may NOT be able to receive the CME point(s).
- Members who have attended less than 75% of the length of the online lecture may not be able to receive CME. Final decision would be subject to the approval of the related Board / Committee.
- Please be reminded to complete and submit the *MCQs or survey after the session for HKCFP and MCHK CME point(s) accreditation. (*MCQs/ True or False Questions; 50% or above of correct answers are required)**
- Please be reminded to check the system requirements beforehand to avoid any connection issues.
- Due to copyright issue, please note private recording of the lecture is prohibited.
- Registration will be closed 3 days prior to the event.

FP Links Committee Announcement

Taking Go Green to next level

Dear College Members,

Since 2009, an increasing number of members have opted to discontinue receiving printed copies of FP Links. FP Links Committee would like to thank the members who have supported the "Go Green" initiative.

To drive the initiative forward, **from January 2024, subscription will be changed to electronic versions automatically for all college members unless notified otherwise.** All issues of Family Physicians Links (FP Links) are accessible from our college website http://www.hkcfp.org.hk/fplinks_40.html.

Members who would like to receive printed copies of FP Links after 1 January 2024, please complete the e-form by scanning the QR code.

Thank you for joining us together in reducing paper consumption and helping conserve natural resources!

The Hong Kong College of Family Physicians
Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen

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Structured Education Programmes

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HKCFP 2 CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
Wednesday, 01 November 2023			
14:30 - 17:00	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Dermoscopy and Wood's Lamp: Use in Primary Care Setting Dr. Lee Pak Lik	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Approach to Surgery Tests Dr. Yu Lok Kwan & Dr. Chan Jin Hay, Jeremy	Ms. Emily Lau Tel: 3506 8610
17:30 - 19:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Common Cancer Screening Dr. Tong Hiu Tung, Christy	Ms. LiLi Yung Tel: 5569 6405
Thursday, 02 November 2023			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Community Resources for Men's Health Dr. Tsang Kam Wah & Dr. Sze Chung Fai	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 08 November 2023			
14:30 - 17:00	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Practical Procedures in Primary Care Clinic Dr. Tam Chin Yui & Dr. Cheng Ka Tong	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Lecture Theatre, G/F, Block M, QEH	Review of Functional Food & Dietary Supplement and Dietary Advice to Chronic Disease Dr. Yeung Chin Fung & Dr. Fock Hoi Hei, Surena	Ms. Emily Lau Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Overview of Speech therapy in Primary Healthcare Dr. Rosita Wong	Ms. Cherry Wong Tel: 2589 2337
17:30 - 19:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Integrated Chinese Western Medicine and Complementary Medicine in Hong Kong Dr. Wong Ka Yan, Judy & Dr. Tang Chun Ming	Ms. LiLi Yung Tel: 5569 6405
Thursday, 09 November 2023			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Dermoscopic Techniques for Enhanced Skin Assessment in Primary Care Dr. Wan Kwong Ha & Dr. Ng Mei Po	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 15 November 2023			
14:30 - 17:00	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Allied Health Services in the Community (Dietitian, P&O and Podiatry) Dr. Wang Siqi	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Update on Management of LUTS Dr. Lam Hiu Ching, Natasha & Dr. Pannu Prubdial Singh	Ms. Emily Lau Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Health Care Delivery System- VMP Services Dr. Tsang Pui Lim	Ms. Cherry Wong Tel: 2589 2337
17:30 - 19:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Update in Common Cancer Therapy Dr. Yiu Sze Wa, Sarah & Dr. Chan Tsz Hin, Jeffrey	Ms. LiLi Yung Tel: 5569 6405
Thursday, 16 November 2023			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Emerging and Reemerging Infectious Diseases Dr. Li Shun Hoi & Dr. Ip Chung Ho	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 22 November 2023			
14:30 - 17:00	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	ENT Emergencies in General Practice Dr. Lam Hor Yee	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Community Resource: Physiotherapist, Occupational Therapist & Dietitian Ms. Joey Cheng, Ms. Olivia Lau & Ms. Anna YL Wong	Ms. Emily Lau Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	MPS - Case Demonstration; Common Pitfall in Daily Practice Dr. Prudence Hou	Ms. Cherry Wong Tel: 2589 2337
17:30 - 19:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Medical Protection Insurance and Voluntary Medical Insurance Dr. Chan Tsz Hin, Jeffrey & Dr. Chow Chun Fung, Ray	Ms. LiLi Yung Tel: 5569 6405
Thursday, 23 November 2023			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Clinical Approach to Common Eye Complaints in Primary Care Dr. Lo Cheuk Wai & Dr. Jor Hon Man	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 29 November 2023			
14:30 - 17:00	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Vaccination Services in the Community Dr. Chan Wing Man & Dr. Lo Yu Chee	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	FM Training in HK & Overseas Dr. Lee Ka Kei & Dr. Ng Kwan Chun	Ms. Emily Lau Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Professional Development- Journal Club presentation All trainees	Ms. Cherry Wong Tel: 2589 2337
Thursday, 30 November 2023			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Dangerous Drug Management: Ordinance, Storage, Dispensing and Disposal Dr. So Kwok Ho & Dr. Wong Fai Ying	Ms. Eliza Chan Tel: 2468 6813

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 Oct	23	24	25	26 2:00 – 3:00 p.m. CME Lecture 4:00 – 6:00 p.m. Structured Education Programme	27 2:30 – 3:30 p.m. Video Session	28 2:30 – 4:30 p.m. Certificate Course on Palliative Care
29	30	31 7:00 – 8:30 p.m. Dinner CME Lecture (hybrid)	1 Nov 2:30 – 7:00 p.m. Structured Education Programme	2 4:00 – 6:00 p.m. Structured Education Programme	3	4 OSCE Exam - Day 1
5 OSCE Exam - Day 2	6	7	8 2:30 – 7:00 p.m. Structured Education Programme	9 4:00 – 6:00 p.m. Structured Education Programme	10	11 2:30 – 4:30 p.m. Certificate Course on Palliative Care 2:30 – 5:30 p.m. DFM Module III Structured Seminar
12 2:30 – 5:30 p.m. Online Certificate Course on Management of Common Skin Problems in General Practice	13	14	15 2:30 – 7:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	16 4:00 – 6:00 p.m. Structured Education Programme 8:30 p.m. HKCFP Council Meeting	17	18 2:00 – 4:00 p.m. Certificate Course on Brining Better Health to Our Community 2023 2:30 – 5:00 p.m. DFM FM Clinical Skills Enhancement
19	20	21	22 2:30 – 7:00 p.m. Structured Education Programme	23 4:00 – 6:00 p.m. Structured Education Programme	24 2:30 – 3:30 p.m. Video Session	25 2:00 – 3:30 p.m. Interest Group in Dermatology 2:30 – 4:30 p.m. Certificate Course on Palliative Care
26	27	28	29 2:30 – 7:00 p.m. Structured Education Programme	30 4:00 – 6:00 p.m. Structured Education Programme	1 Dec	2 2:30 – 5:30 p.m. Online Certificate Course on Management of Common Skin Problems in General Practice 2:30 – 5:00 p.m. DFM FM Clinical Skills Enhancement

FP LINKS EDITORIAL BOARD

Red : Education Programmes by Board of Education
Green : Community & Structured Education Programmes
Purple : College Activities



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